

COLL. CAT  
WF  
C726

THE COMMITTEE ON THE PREVENTION OF TUBERCULOSIS OF

# *The District Nursing Association of Columbus*

No. 40 SOUTH THIRD STREET.

---

## DIRECTIONS TO PATIENTS REGARDING THE CURE AND PREVENTION OF TUBERCULOSIS.

Try to be hopeful and cheerful, for your disease is curable in a large number of cases.

We will instruct you how to carry out in your home as nearly as possible, the treatment that has proved so successful in Sanatoria for Tuberculosis.

The treatment is simple, but requires that directions be faithfully followed. We want to help you to so arrange your life that you can have pure, fresh air to breathe as much of the time as possible, rest when needed, and a sufficient quantity of suitable food. This will help you to get well.

The matter you spit up contains the germs that cause your disease. You must be very careful to destroy this matter before it dries. When it dries on the floor, in a handkerchief, or anywhere about the house, the germs get in the air. In breathing such air you can reinfect yourself and thus make your disease much worse. Members of your family by breathing such air may get the disease.

We will furnish you with paper spit cups which you should always use in the house and shop. On the street you can spit between the leaves of a folded newspaper, to be carried in an envelope which we will give you. Envelope and all are to be burned each night. Never swallow the expectoration (spittle).

Always brush your teeth, rinse your mouth and wash your hands before eating. Eat such food as you are directed by the doctor to eat. Do not drink whiskey, beer or other alcoholic drinks without the advice of the doctor, for they may do you harm.

Try not to cough near another person, and when this cannot be helped, place a handkerchief over the mouth when coughing. Do not kiss any person and especially upon the lips. Either go clean shaven or keep the beard and mustache closely trimmed.

Dry sweeping of your room stirs up the dust and is injurious to your lungs. The floor, window ledges, furniture, etc., should be wiped each day with a damp cloth, and the cloth should then be boiled in water.

Keep out of crowded, badly ventilated places. Go to bed regularly, and try to get eight hours sleep every night. By leading a regular, sober life, and by following strictly the instructions given you, your health can be much improved and your disease may be entirely cured in time.

Bring your card when you come to the Dispensary.

NLM